

Self Help Guided Audio Relaxation And Meditation Exercises And More Offered For Free Download From Major Universities And Colleges

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Many Colleges and Universities offer free mp3s to help their students learn to relax, reduce anxiety, diminish stress, cultivate mindfulness, enhance emotional stability, alleviate insomnia and to accomplish many other goals that students and the general public share in common. These are usually offered by the Offices of Student Counseling, Student Wellness, Student Health Services or similarly titled offices which are entrusted with preserving the physical and mental health of their students. They are very professionally done and available to the public for instantaneous download without cost. They are very valuable self-help resources.

It is possible, with practice, to enter a deeply relaxed state almost instantly. Once you learn these practices you may no longer require the recordings.

None of these exercises should be listened to while driving a car or while engaging in dangerous activities, as they involve deep relaxation, and, in some cases, self-hypnosis to achieve desired results. All should only be used while sitting or reclining safely.

And, of course, these do not constitute professional medical/counseling advice and should not be used as a substitute for medical/psychotherapeutic diagnosis, advice or services. They can be adjunct to professional services.

The entries below are in no specific order (except the order in which they were found) and the list is almost certainly not inclusive of all such web pages. If you transfer this file as a PDF rather than a printout the live links may be clicked on to directly open the pages in your browser.

A complete review of the benefits and science behind meditation and relaxation techniques can be found at the National Institutes of Health, National Center For Complementary And Integrative Health's website at:

<https://nccih.nih.gov/health/stress/relaxation.htm>

**Dartmouth College, Hanover, NH
Student Wellness Center**

<http://www.dartmouth.edu/~healthed/relax/downloads.html>

Twenty Three (23) free Guided Relaxation Exercise recordings are categorized into: Deep Breathing & Guided Relaxation Exercises, Guided Imagery/Visualization Exercises, Mindfulness and Meditation Exercises, Progressive Muscle Relaxation Exercises, and Soothing Instrumental Music. Detailed descriptions of each of the 23 exercises are included on this webpage to help users select which ones will best serve their needs.

University of Central Florida, Orlando, FL
Wellness & Health Promotion Services

<http://whps.sdes.ucf.edu/station>

These 5 recordings include: Diaphragmatic Breathing, Progressive Muscle Relaxation, Deep Muscle Relaxation, Autogenics, and Guided Imagery. Detailed descriptions are provided on this webpage of each exercise.

Massachusetts Institute of Technology, Cambridge, MA
MIT Medical

<https://medical.mit.edu/community/sleep/resources>

These 12 audio recordings seem to be aimed primarily at Insomnia, but they appear to be much more general. They include many guided relaxation exercises and mindfulness meditation practices, relaxation music and more. There are even guided visualizations for reducing test anxiety and increasing athletic performance. Detailed descriptions of each guided exercise are not provided but the titles are descriptive enough.

Hobart and William Smith Colleges, Geneva, NY
Counseling Center

http://www.hws.edu/studentlife/counseling_relax.aspx

HWS has 2 relaxation exercise recordings using Progressive Relaxation and Combination Relaxation. A full description is given of each. The Combination relaxation exercise uses, as one might suggest, a combination of relaxation techniques.

Brigham Young University, Provo, UT
Counseling and Psychological Services

<https://caps.byu.edu/audio-files>

The 18 recordings on BYU's site include separate exercises for Autogenics, Body Scan, Breathing, Mindfulness Meditation, Performance Rehearsal, Progressive Muscle Relaxation, Self Hypnosis, Visualizations, and more.

**Georgia Southern University, Statesboro, Savannah, & Hinesville, GA
Counseling Center, Student Affairs**

<http://students.georgiasouthern.edu/counseling/resources/self-help/relaxation-and-stress-management/>

The 12 audio files on this site include Diaphragmatic Breathing, Deep Breathing, Progressive Muscle Relaxation, Guided Imagery, Mindfulness Meditation exercises as well as a recording of Relaxing Phrases that are intended for deepening your relaxation after performing the above exercises. Please select “Online Relaxation Resources & Audio” on this page to see a detailed explanation of how to relieve stress followed by links to the audio resources. The audio resources must be individually selected and they will open individually in a new window. You may download the audio file by selecting the “down-arrow” on the upper right of the window.

UCLA Mindful Awareness Research Center, Los Angeles, CA

<http://marc.ucla.edu/mindful-meditations>

This web page offers 12 recordings of guided mindfulness meditation practices. Four (4) of these are in Spanish.

**University of Saint Thomas, St Paul, Minnesota
Project for Mindfulness and Meditation**

<https://www.stthomas.edu/pmc/resources/podcasts/>

St Thomas, as a Catholic University, has a large and unique archive of 40 mp3 recordings covering Mindfulness Meditation, Centering Prayer and Meditation (a popular Christian form of Meditation/Contemplation), and Loving-Kindness Meditation.

**University of Mississippi, University, MS
Counseling Center**

<https://counseling.olemiss.edu/relaxation-exercises/>

This site has 12 audio relaxation exercises, including quite a selection of interesting guided imagery exercises.

Ohio State University, Columbus, OH
Wexner Medical Center, Integrative Medicine

<https://wexnermedical.osu.edu/integrative-complementary-medicine/guided-imagery>

This site has 17 audios including a broad selection of the sort of relaxation exercises that are found on other sites, but also including several that have enticing titles like: Comfort in the Face of Grief and Loss, Easing Pain, Prepare for Surgery, Relaxation for Children, Skill Mastery, and others.

University of Connecticut,
Wellness & Prevention Services

<https://health.uconn.edu/stress-management-mp3-audio-downloads/>

There are 3 audio downloads on this web page covering relaxation exercises for stress management.

University of California San Francisco, San Francisco, CA
Helen Diller Cancer Comprehensive Family Center, Psycho-oncology

<http://cancer.ucsf.edu/support/psycho-oncology/resources>

There are 8 recordings on this site covering several guided imagery exercises, an exercise called “Your Future Self”, Sitting Mindfulness, and Body Scan and Progressive Muscle Relaxation.

Ithaca College, Ithaca, NY
Center for Counseling and Psychological Services

<https://www.ithaca.edu/sacl/counseling/docs/crisismeditationmp3/>

This page links to 12 other pages each containing a direct link to a down-loadable mp3 file. They have titles such as: Using basic diaphragmatic breathing to increase relaxation, Using the five-finger exercise to increase positive emotions, Using progressive muscle relaxation to reduce anxiety, Using meditation to accept and tolerate difficult emotions, Using the 20-minute method to help when you have trouble falling asleep, and others.

Iowa State University, Ames, IA
Student Counseling Services

<https://www.counseling.iastate.edu/mind-body/mind-body-spa>

This page links to 10 categorized into: Guided Imagery and Relaxation Exercises, Healing and Self-Reflection, Mindfulness Activities, which contain titles such as: Inner Guide Meditation, Tapping into the Unconscious, Mindful Eating, as well as many other relaxation and mindfulness meditation practices.

UCSanDiego Health, San Diego, CA
Center for Mindfulness

<https://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>

This page contains almost 50 guided mindfulness practices in mp3 format for download. If you ever wanted to learn Mindfulness Based Stress Reduction (MSBR), this is very important resource.

New York University, New York, NY
Counseling Services

<https://www.nyu.edu/students/health-and-wellness/counseling-services/relaxation-oasis/calming-corner.html>

They call this page “Calming Corner (mp3s)” and the 9 recordings include titles such as: Anxiety Locator, Body Awareness, Body Scan, Breath Awareness, Guided Meditation, and others.

UC Santa Cruz, Santa Cruz, CA
Counseling and Psychological Services

<https://caps.ucsc.edu/resources/self-help.html>

The 6 mp3 audios are divided into those with female voice and with male voice, 3 each, with titles: Deep Breathing, Autogenics (Relaxation Techniques), Progressive Muscle Relaxation. They are at the bottom of the page as a part of their Self-Help Library.

Rutgers University, New Brunswick, NJ
Counseling, ADAP & Psychiatric Services (CAPS)

<http://rhscaps.rutgers.edu/self-help/mindfulness-meditation/short-mindfulness-meditation-practices/>

This web page has 10 down-loadable mp3 audio recordings which are called 'Short-Meditation Exercises' and have titles such as Breath awareness, Body scan, Breath awareness, Pain meditation, etc.

University of Kansas Medical Center, Kansas City, KS
Counseling Support Services

<http://www.kumc.edu/student-affairs/counseling-and-educational-support-services/self-help-resources.html>

There are 5 Relaxation Recordings on this page including several guided imagery exercises and Progressive Muscle Relaxation, and Autogenic Relaxation Training.

University of Massachusetts, Boston, MA
University of Health Services

https://www.umb.edu/healthservices/hew/serenity_at_umb

This is a complete 10 track CD length guided relaxation yoga, mindfulness meditation, and deep relaxation program in mp3 format.

Merrimack College, North Andover, MA
Hamel Health and Counseling Center

http://www.merrimack.edu/about/offices_services/counseling_and_health_services/podcasts/

These 8 recordings cover a range of mindfulness meditation and relaxation exercises.

Lewis & Clark College, Portland, OR
Counseling Service

https://www.lclark.edu/offices/counseling_service/selfhelp/

There are 6 down-loadable audio files including: Breath Counting Meditation, Progressive Muscle Relaxation, conflict resolution, and guided mountain meditation, etc.

Keck Medicine, University of Southern California, Los Angeles, CA
Eric Cohen Student Health Center

<https://ecohenshc.usc.edu/counseling/files/>

There are 12 audio files here, including: several breathing exercises, meditation, sleep technique, a peaceful focus exercise, etc.

The End